

7th Annual Deep Eddy Mile

1766 2/3 yards, 53 laps of the pool

Saturday, August 23, 2008



ASA Sanction: 08-008

Who: Open to A.S.A. registered swimmers eighteen and older. If you are not yet a 2008 A.S.A. registered swimmer, you may include a completed A.S.A. 2008 Swimmer Membership Application (found at www.americanswimmingassociation.com) and check for 2008 A.S.A. membership fee (\$18) along with your Deep Eddy Mile entry form or you may register for 2008 A.S.A. Membership at check-in for the meet.

What: A "Deep Eddy mile": 1766 2/3 yard swim. The swimmer in each age group in each gender who achieves the fastest recorded time for the "Deep Eddy mile," in strict accordance with the rules, wins. This event is organized in heats such that each swimmer gets his own lane.

Where: Deep Eddy Pool, 401 Deep Eddy Drive. Deep Eddy pool is a 10-lane 33 1/3 yard well-water pool. Expect the water temperature to be between 68 and 74 degrees Fahrenheit. There is a large grassy area with shade trees surrounding the pool.

When: Saturday, August 23, 2008. Warm-up starts at 7:30 am, First heat starts at 8:00 a.m.

Why: Because ...it is a great way to get/stay healthy, fit, and look good
 ...it is your opportunity to test yourself against the competition (including yourself)
 ...it is your opportunity to establish an A.S.A. certified, Deep Eddy Pool record
 ...it's fun

Timers/Counters: Each swimmer must provide at least one timer and, if desired, someone to count.

Age Determination: A swimmer's age as of 8/23/07 will determine the swimmer's age group.

Age Groups: The event will be contested by gender in each of the following age groups: 18-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

Awards: Awards to the winners of each contested age group.

Directions: Deep Eddy is located at 401 Deep Eddy Drive, just North of the River and West of Mopac (Loop 1). Going South on Mopac: exit at Lake Austin Blvd. and go West (right) past one stoplight. Turn left on Deep Eddy Drive. Going North on Mopac: exit at First Street and go West (left) past two stoplights. Turn left on Deep Eddy Drive.

Entry Fee* & Deadlines: \$36.00 if received on or before August 12th. \$46.00 for late entry. All fees are non-refundable. Entries received after 8/18 not guaranteed a t-shirt.

*A portion of your entry fee will go to support the Friends of Deep Eddy Pool.

Direct Questions & Comments to:

Sandy Neilson, Meet Director • info@AmericanSwimmingAssociation.com • 327-2260

Send Entry Form and Make Fees Payable to:

American Swimming Association
 3101 Mistyglenn Circle
 Austin, Texas 78746 U.S.A.

*TeamTexas and the
 American Swimming Association
 in cooperation with City of Austin Aquatics
 host this event.*



Plan to swim other ASA events:

08/08/08 — KB B'day Challenge
 10/11/08 — Lake Travis Relay
 10/22-26/08 — Highland Lakes Challenge
 11/1/08 — Dam 5k
 11/1/08 — Collegiate Open Water National Championships
 11/15/08 — Quarries Open Water Festival
 1/1/09 — Polar Bear Swim
 5/3/09 — Money Box Cap 2k Open Water Race & Pledge Swim
 5/3/09 — Texas H.S. Open Water State Championships

To enter or for more event information go to:
www.AmericanSwimmingAssociation.com

DEEP EDDY MILE RECORDS

18-29 Men Keith Astoria, 24	21:43.75
18-29 Women Katelyn Erickson, 19	20:54.49
30-39 Men Ross Davis, 36	19:46:05
30-39 Women Kristen Turner, 36	22:23.59
40-49 Men Seth Huston, 40	20:31.74
40-49 Women Erin Scott, 42	21:24.01
50-59 Men Keith Bell, 55	20:31.45
50-59 Women Sandy Neilson-Bell, 51	24:30.59
60-69 Men Larry Bugen, 60	25:25.57
60-69 Women Maria Johnson, 60	34:37.72
70+ Men Jack King, 72	52:06.95
70+ Women Doris Coward, 70	41:44.99

Entry Form

Deep Eddy Mile

1766 2/3 yards, 53 laps of the pool

Saturday, August 23, 2008

Please Type or Print Clearly

Today's Date: _____ / _____ / _____

First Name _____ Middle Initial _____ Last Name _____

Mailing Address _____ Evening Phone (____) _____

City _____ State _____ Cell Phone (____) _____

Zip Code _____ Email address: _____

Birthdate Month mm Day dd Year yyyy Age as of August 23, 2008 _____ Gender M / F

* ASA member (Please Circle One) yes / no Please Circle Choices: T-shirt or Tank Size: S M L XL XXL

* If you are not already a 2008 ASA member please attach a completed 2008 membership form with appropriate fees (\$18) with this entry form. If you've already sent in your membership application but have yet to receive a number, please designate "pending." If sending your membership application now, please check here: ASA membership form and fee enclosed

Driver's License & State of issue _____ Mile Time: _____ Please circle: 1650y 1500m Open Water

COMPETITORS UNDER THE AGE OF 18 MUST HAVE THE "WAIVER AND RELEASE OF LIABILITY" SIGNED BY A PARENT OR LEGAL GUARDIAN.

**WAIVER AND RELEASE OF LIABILITY
READ BEFORE SIGNING**

In consideration of being allowed to participate in any way in the American Swimming Association, LLC swimming program, related events and activities, I, _____, the undersigned acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this particular program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce their risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my Heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE AND HOLD HARMLESS American Swimming Association, LLC, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"). WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

ALL FEES ARE NON-REFUNDABLE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

The misrepresentation or falsification of documents sent through the US Mail is a Federal Offense as per the Mail Fraud Statute (Title 18, United States Code, Section 1341)

Signature of Swimmer _____ Age: _____ Date Signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by

Parent/Guardian Signature: _____ Phone: _____ Date Signed: _____

All information subject to change.

Make Check payable to:
American Swimming Association, LLC
& Mail or Deliver Form & fees to:
Sandy Neilson
Meet Director, Deep Eddy Mile
3101 Mistyglenn Circle
Austin, Texas 78746

- Check list:
- Deep Eddy Mile Entry Form
 - 2008 ASA Number or Registration
 - Form with check to ASA
 - Check for Entry Fee

FEES	Entry Fee: <u> \$36 </u>
	Late Fee (after 8/12): <u> \$10 </u>
	Extra T's: <u> __S__M__L__XL@ \$12 </u>
	<u> __XXL@ \$14 </u>
	Donation to Friends of Deep Eddy Pool <u> </u>
	TOTAL: <u> </u>

Official Split Sheet

2008

DEEP EDDY MILE

Name of Swimmer: _____ Heat: _____

Example:

(6) 200 <i>3:01.26</i> (1:33)

cumulative (100 split)

Lane: _____

(1) 33 1/3	(19) 633 1/3	(37) 1233 1/3
(2) 66 2/3	(20) 666 2/3	(38) 1266 2/3
(3) 100	(21) 700	(39) 1300
(4) 33 1/3	(22) 733 1/3	(40) 1333 1/3
(5) 166 2/3	(23) 766 2/3	(41) 1366 2/3
(6) 200	(24) 800	(42) 1400
(7) 233 1/3	(25) 833 1/3	(43) 1433 1/3
(8) 266 2/3	(26) 866 2/3	(44) 1466 2/3
(9) 300	(27) 900	(45) 1500
(10) 333 1/3	(28) 933 1/3	(46) 1533 1/3
(11) 366 2/3	(29) 966 2/3	(47) 1566 2/3
(12) 400	(30) 1000	(48) 1600
(13) 433 1/3	(31) 1033 1/3	(49) 1633 1/3
(14) 466 2/3	(32) 1066 2/3	(50) 1666 2/3
(15) 500	(33) 1100	(51) 1700
(16) 533 1/3	(34) 1133 1/3	(52) 1733 1/3
(17) 566 2/3	(35) 1166 2/3	(53) 1766 2/3 final time here
(18) 600	(36) 1200	

FINAL TIME: _____

I verify that the above-named swimmer has done the correct # of lengths & that the final time is correct.

I verify that I have done the correct # of lengths.

Signature of Timer

Signature of Swimmer



2008 ASA INDIVIDUAL MEMBERSHIP APPLICATION

Please Type or Print Clearly

Today's Date: / /

First Name		Middle Initial	Last Name	
Mailing Address			Evening Phone ()	
City	State / Province		Daytime Phone ()	
Country	Postal Code		Mobile Phone ()	
Birthdate Month	Day	Year	Age	Minor: y / n
				Circle One: Gender M F
Email				
Team			(if paying by check) Driver's Licence #:	

RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

PLEASE READ BEFORE SIGNING & BE CERTAIN YOU UNDERSTAND THE IMPLICATIONS OF SIGNING.

Express Assumption of Risk Associated with Sport, Venue Use and Related Activities

- I, _____, do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with swimming, transportation of equipment related to the activities, and traveling to and from activity sites in which I am about to engage. **Inherent hazards and risks include but are not limited to:**
- Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that may result in permanent disability and death.
 - Possible equipment failure and/or malfunction or misuse of my own or others' equipment.
 - I AGREE THAT I WILL WEAR APPROVED PROTECTIVE GEAR AS DECREED BY THE GOVERNING BODY OF THE SPORT I AM PARTICIPATING IN. However, protective gear cannot guarantee the participant's safety. I further agree that no helmet can protect the wearer against all potential head injuries or prevent injury to the wearer's face, neck or spinal cord.
 - Variation and/or steepness of terrain, variation or changes in surfaces including but not limited to snow surfaces, ice, bare spots, rocks, stumps, debris, cliffs, trees, fences, posts, trees, light poles, signs, buildings, roads, walkways, ramps, rails, stairs, pyramids, manual pads, bowls, half-pipes, jumps, padded and non-padded barriers, other persons, and other natural and man-made hazards.
 - My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, weather, riding surfaces or other obstacles.
 - Exposure to the elements and temperature extremes may result if frost nip, frost bite, heat exhaustion, heat stroke, sunburn, hypothermia and dehydration.
 - Dangers associated with exposure to natural elements include but are not limited to avalanche, rock fall, inclement weather, thunder and lightning, severe and or varied wind, temperature and other weather conditions.
 - Accidents or illness occurring in remote places where there are no available medical facilities.
 - Fatigue, exhaustion, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.
 - Impact or collision with other athletes, spectators, facility employees, pedestrians, motor vehicles, and cyclists.
- *I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness, or death.**

The misrepresentation or falsification of documents sent through the US Mail is a Federal Offense as per the Mail Fraud Statute (Title 18, United States Code, Section 1341)

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in ASA, LLC's activities and related activities, I hereby agree, acknowledge and appreciate that:

- I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE, the American Swimming Association, LLC, herein referred to as releasees.
- To release the releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of my engaging in the above activities.
- By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement.
- This agreement shall apply to any and all injury, disability, death, or loss or damage to person or property occurring at any time after the execution of this agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, I FULLY UNDERSTAND ITS TERMS, I UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Adult Participant

Name of Adult Participant (Please Print)

Date Signed:

FOR PARTICIPANTS OF MINORITY AGE: This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

Signature of Parent or adult legal Guardian if Participant is a Minor and by their signature, they on my behalf release all claims that both they and I have.

Name of Parent or adult legal Guardian (Please Print)

Date Signed

2008 ASA Membership Fee: \$20.00

**CONTACT US AT:
512-327-2260**

info@AmericanSwimmingAssociation.com
www.AmericanSwimmingAssociation.com

Make check payable to:
American Swimming Association, LLC (ASA)

Send completed form and check to:

American Swimming Association, L.L.C.
3101 Mistyglen Circle
Austin, Texas 78746